

# WALK & ROLL

## CHALLENGE



**WIN**  
**SWEET**  
**PRIZES**

*scooters, bikes,  
helmets and more!*

UDOT's Safe Routes Utah Walk & Roll Challenge rewards your kids for walking and biking to school or walking and biking outside for 20 minutes if attending school online or at home. Parents are also rewarded when you skip your drive and get your kids moving.



**To participate in the contest:** Students K-8 must walk or bike to school at least one time in the month. If your student is attending school online or from home they must walk or bike outside for at least 20 minutes one time in a month. On days students walk or roll to school, they are not eligible to submit progress for home activities. The more a student walks or bikes, the more likely he or she is to win. Walking to the school bus stop also counts.



**To enter the contest:** Submit your progress online by the end of each month. Track your trips with a progress chart available for download at [SafeRoutes.utah.gov/walk-n-roll](https://SafeRoutes.utah.gov/walk-n-roll)



**To win the contest:** Winners are randomly selected. Again, the more a student walks or bikes the more likely he or she is to win. Multiple winners are selected at the end of each month. Parents and guardians can also win prizes.



*This year we are partnering with Move Utah to promote daily healthy activity for students who are attending school from home.*



## Get Your Kids on the Path to Safety

Safe Routes Utah is a resource for parents, guardians, schools and health officials to learn and share the importance of choosing active methods of transportation while staying safe along the way.

Safe Routes Utah provides resources like safety tips, safe routes maps, crossing guard training guides, school assemblies and grants which help improve infrastructure that makes walking and biking safer for children across the state.

### What are the benefits of walking and biking?

- Physical:** Active methods of transportation give kids a way to get moving during the day.
- Environmental:** More people walking and biking mean fewer cars on the road and less idling in the school drop-off line.
- Cognitive:** Studies show that students who are healthy, awake and alert perform better at school.
- Social:** Allowing a child to walk or bike to school increases confidence and independence.



*This year we are partnering with Move Utah to promote daily healthy activity for students who are attending school from home.*

## The Walk & Roll Challenge

UDOT's Safe Routes Utah Walk & Roll Challenge rewards your kids for walking and biking to school safely. Parents are also rewarded when you skip your drive and get your kids moving.

- To participate in the contest: Students K-8 must walk or bike to school at least one time in the month. If your student is attending school online or from home they must walk or bike outside for at least 20 minutes one time in a month. On days students walk or roll to school, they are not eligible to submit progress for home activities. The more a student walks or bikes, the more likely he or she is to win. Walking to the school bus stop also counts.
- To enter the contest: Submit your progress online by the end of each month. Track your trips with a progress chart available for download at [SafeRoutes.utah.gov/walk-n-roll](https://SafeRoutes.utah.gov/walk-n-roll).
- To win the contest: Winners are randomly selected. Again, the more a student walks or bikes the more likely he or she is to win. Multiple winners are selected at the end of each month. Parents and guardians can also win prizes.

